

Ketogenic: Acetoacetate (you know it isn't a TCA cycle intermediate, and therefore ketogenic)

KY Was Fun

Lysine

Tyrosine

~~T~~ryptophan

Phenylalanine

Gluconeogenic

Pyruvate has the most precursors, so it is certified SWAG
because it has more chances of producing energy

Cysteine

Serine

Threonine

Tryptophan

Alanine

Glycine

α -KG \rightarrow not a "normal" intermediate, and would therefore
Quit Reading Harry Potter (because only abnormal people would do this)
(+) glutamine \rightarrow α -KG

Glutamine

Arginine

Histidine

Proline

Fumarate \rightarrow when you are FUM-ing,

You're Freaking Determined to ~~let~~ people know about it"

Tyrosine

Phenylalanine

Aspartate

Succinyl-CoA

My Vocabulary Is Succ-Y

Methionine

Valine

Isoleucine

~~Asp~~ Oxaloacetate

FOA my Asp's ☺

↓
(oxaloacetate)

←
Aspartate

Asparagine